

## God Is Our Refuge

(Psalm 46:1)

### Introduction:

1. In 1 Thessalonians 5:11 Christians are taught to "*edify one another.*"
2. There are many ways in which this can be accomplished.
3. One way in which we can edify one another is by sending greeting cards.
4. A card can be used to express:
  - a. a message of concern
  - b. a good wish
  - c. a willingness to help
  - d. a humorous thought (Proverbs 17:22)
  - e. an uplifting message from Scripture (Isaiah 40:31; Psalm 46:1).
5. In our lesson we are concentrating on these 2 verses because they emphasize the fact that "God is our refuge."
6. This is a lesson that we need to be reminded of from time to time.

### Discussion:

- I. ISAIAH 40:31
  - A. To fully appreciate this passage we must examine it in its context.
    1. (Isaiah 39:3-8) Isaiah informed Hezekiah that his people would be taken into captivity by the Babylonians.
    2. During the captivity the Jews might question whether:
      - a. God existed
      - b. God cared for His people.
    3. Isaiah presented some information that would encourage the Jews while they were in captivity.
  - B. (Isaiah 40:25-26) Isaiah showed the Jews how to be reminded that God exists.
  - C. (Isaiah 40:27-31) Isaiah presented some information that would remind the Jews that God cared for His people.
  - D. Although Isaiah did not use the actual words, he showed the children of Israel in these verses that God was their "refuge."
  - E. This is an encouraging message that will help us during times of difficulty.
- II. PSALM 46:1
  - A. To fully appreciate this passage we must consider the entire psalm.
  - B. Throughout this psalm the writer emphasized the fact that God provides "*refuge*" for His people (vs.1a, vs.7b, vs.11b).

- C. The writer also stated that God:
1. provides "*strength*" for His people (vs.1b)
  2. is "*a very present help in trouble*" (vs.1c)
  3. is with His people (vs.7a, vs.11a).
- D. As we examine this psalm further we see that the writer mentioned several things that can cause fear.
1. (vs.2-3) It seems that the writer described a great earthquake.
  2. (vs.6) The raging of heathen people is mentioned.
- E. Even though things such as these may occur, God's people can avoid and overcome fear (vs.2a).
1. A great calamity may occur, but God's people have access to a peaceful place of refuge described in vs.4-5.
  2. Heathen people may do bad things, but God's people understand that He is still in control (vs.8-9).
- F. A good word of instruction for us to follow is given in vs.10.

Conclusion:

1. Isaiah 40:31 and Psalm 46:1 were originally written for the benefit of the children of Israel as they faced various difficulties.
2. According to Romans 15:4, they were also written for our benefit.
3. When we face difficulties let us always remember that "God is our refuge."